



SUNDAY EXPRESS

Save your skin from cigarettes

Smoking causes premature wrinkles and lines – but many products can help repair the damage even if you can't give up

Celebrities in New York have even taken to visiting "oxygen spas" to up their fresh-air intake. You can treat your skin at home with Karin Herzog's Vita-A-Kombi 2 Cream (£43, 0800 056 2428). Dr Paul Herzog, who developed the range, first discovered the artificial respirator in the Fifties and then created an oxygen-rich sterilising cream for hospitals in the Seventies. The visible effects of his medical cream were so dramatic on doctors' hands that it was promptly redesigned for the face. For an extra oxygen-blast, Karin Herzog also offers a Smokers' Programme of facial treatments (£45, 0800 056 2428) in its salons that concentrates on re-oxygenating the complexion.



UK's best-selling celebrity magazine

Now

Smoke signals

National No Smoking Day is on 14 March. So what better time to put the money you'd have spent on cigarettes towards rejuvenating your skin instead, especially as medical research proves smokers often have five times more wrinkles than non-smokers. Hollywood skin guru Karin Herzog offers a special smoker's facial in her UK salons called The Smoothie. The facial involves a series of oxygen-infused masks and massages to replenish smokers' oxygen-starved skin cells and encourage a more radiant complexion.

Prices start at £45 and the treatment lasts for one hour 45 minutes. The facial is available at House of Fraser stores nationwide (call 020-7963 2236) or salons (call 0800 0562428 for your nearest).

Alternatively, log on to www.karinherzog.co.uk, which features a skincare clinic for smokers and expert tips on how to stop smoking.



Lara Flynn Boyle



Portia Di Rossi



Kate Moss: beautiful girl, but an ugly habit

Smoking

What it does: Causes dull skin and wrinkles, especially around the mouth.

Help your skin bounce back:

★ Karin Herzog Smoothie Facial, from £45 for 45 minutes. Targetted at smokers, this facial involves a series of oxygen-infused masks and a circulation-boosting massage which replenish oxygen-starved skin cells and encourage a more radiant complexion. Available at House of Fraser stores (020-7963 2236) or salons (0800 0562428).



Dull skin and wrinkles – is it worth it, Mrs Pitt?

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